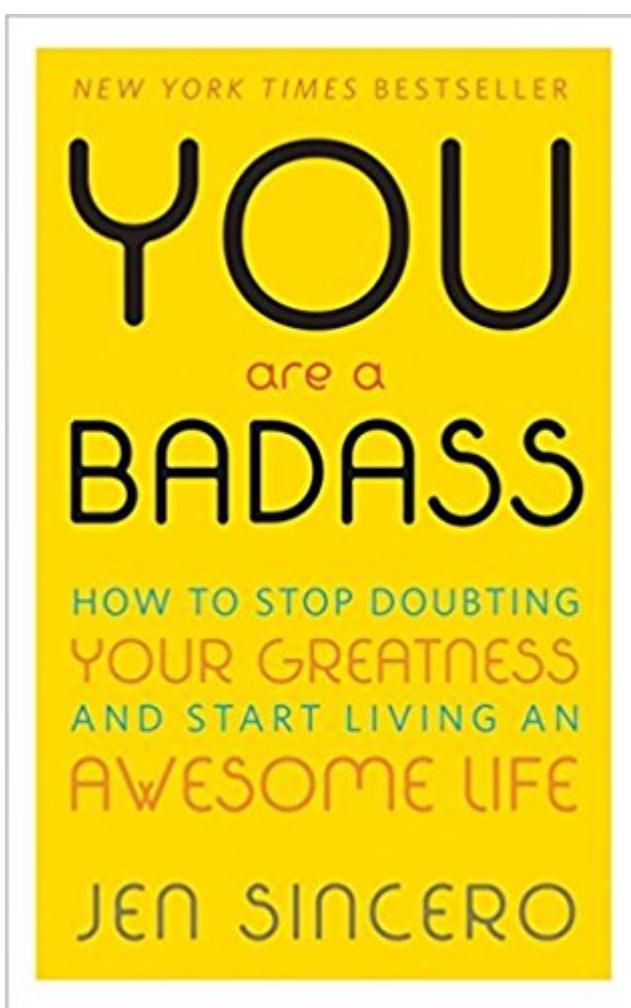


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# You Are A Badass: How To Stop Doubting Your Greatness And Start Living An Awesome Life



## Synopsis

The #1 New York Times Bestseller YOU ARE A BADASS IS THE SELF-HELP BOOK FOR PEOPLE WHO DESPERATELY WANT TO IMPROVE THEIR LIVES BUT DON'T WANT TO GET BUSTED DOING IT. In this refreshingly entertaining how-to guide, #1 New York Times Bestselling Author and world-traveling success coach, Jen Sincero, serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word. If you're ready to make some serious changes around here, You Are a Badass will help you: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, blast past your fears so you can take big exciting risks, figure out how to make some damn money already, learn to love yourself and others, set big goals and reach them - it will basically show you how to create a life you totally love, and how to create it NOW. By the end of You Are a Badass, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass. If you're wanting to kick some serious ass in the money department (you wanna?) and start making the kind of dinero you ain't never made before, pre-order the next book in the series that's all about your financial badassery: You Are a Badass at Making Money: Master the Mindset of Wealth, coming in April, 2017 from Viking Press.

## Book Information

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## Customer Reviews

You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life

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#1 New York Times Bestseller Jen Sincero (Don't Sleep With Your Drummer) brings a fun, feminine verve to now well-tread self-help tropes. The tone is far more feisty than academic, and there's humor on every page, all of which is exactly what her intended audience most needs. Publishers Weekly online: "If touchy-feely self-help tomes make you feel, shall we say, less than inspired, this no-nonsense manifesto to awesomeness might be just what you're looking for. Filled with blunt and sassy advice, do-it-yourself exercises in personal transformation, and a whole lot of hilarity, You Are a Badass will silence your inner critic, and help you build a life worthy of the kind of Facebook news feed that others envy. Take a day off from looking for your inner goddess, and spending some time cultivating your outer badass instead." Bustle.com: "I adore Jen's realistic and funny take on all matters of living an awesome life. She has such a gift for writing in a very digestible way that will appeal to everyone. If you're looking for purple unicorns and rainbows you won't find them here, what you will find are practical and easy ways to connect with your inner badass and change your life." Madisyn Taylor, Co-Founder, DailyOM: "Author and success coach Jen Sincero takes the self-help book to another level with her cutthroat humor and in-your-face attitude. The 27 thoughtful, well-written chapters are worth it by the time you finish the book, you will understand the secrets to a life you deserve and how awesome you really are at controlling the outcome of your life. In other words, you'll realize how much of a BAMF you really are!" Albuquerque Weekly Alibi: "Sincero has probably written the most entertaining self-help book many readers will ever get in their hands on." Reading this book was like talking to a best friend or the one that will tell you like it is no matter the circumstances and that forces you to think outside the box. The State Hornet, California State University, Sacramento campus paper: "[You Are a Badass] is (and I quote) 'the self-help book for people who desperately want to improve their lives, but don't want to get busted doing it.' You have permission to upsize your serving of awesome with this funny, fulfilling read." MindBodyGreen: "YOU ARE A BADASS is a phenomenon!" Liesl Freudenstein, Boulder Book Store

Jen Sincero is a #1 New York Times Bestselling author and success coach who has helped countless people transform their personal and professional lives via her newsletters, seminars, private sessions, public appearances, articles, products, and books. Sign up for her newsletter at [JenSincero.Com](http://JenSincero.Com)

Jen Sincero is a talented writer, and her edgy, irreverent style will be inspiring and motivational to many readers. If you've read other self help books then you probably won't find much that's new here. In fact, it's really the in-your-face tone and humor in her writing that makes this book worthwhile. As for her ideas, I personally found a lot to take issue with. First, she has a very polarized view of spiritual growth that divides our lives in to those that suck and those that are awesome. Maybe that works for young millennials just starting out in life, and if that's the audience she's going for, then great, but most of us are somewhere on a continuum and her assertions that life is either this way or that way are simplistic to say the least. Sincero also uses a lot of highly critical, edgy language to describe people who are struggling or stuck - therefore not as awesome as she is - using words like "lame-o" "suck" "wuss" ...well, you get the idea. This may be mildly amusing the first time around, but it gets old fast and it's not exactly kind to those who may really be struggling. I have to confess that I question a writer who continually references her own life choices and personal career success as a model that the rest of us should follow. There is an exhibitionistic, narcissistic, "look at me", "look at how successful I am" dimension running through this book that is self-indulgent while lacking insight about what success could mean or look like for another person. Read this book for a quick shot of motivation if that's what you need, it's good for that, but look elsewhere for help in developing your own ideas and values about success and purpose. This is the Jen Sincero version and it may not apply to you.

Okay, listen up. I ADORED this book. I subscribed to everything she said. I was literally prepared to go out and buy three more volumes for my friends. Until Chapter 17. About halfway through the book, Sincero begins talking about excuses. Okay, yes. A valuable thing to discuss. People, myself included, make excuses all the time. But she decides to target a set group of people. People who are clinically depressed. She says, and I'm paraphrasing here, that depression is a comfort because it gives those who suffer from it an excuse not to do anything but stay in bed.... And that is precisely when I tuned out. I went from loving everything she said to eye rolling in a matter of seconds. My clinical depression is not an excuse. It isn't me being lazy. It isn't me snickering as I back out on plans I make with friends. It's me literally being unable to do anything because my disease is keeping me from doing it. There are days where I can't do anything at all. There are days where laundry piles up and my bedroom becomes a disaster and I hide away from the world because I don't think I'm worthy of being seen. There are days where I stop seeing my friends because I feel like I'm a burden to them. And my friends understand this. They know what I go through and they

know that if I need some time to myself to get my brain under control, then it isn't an excuse. It doesn't mean I don't love them. It means that I'm just dealing with negative thoughts and I need to work through it. The fact that Sincero completely misunderstands depression ruined this book for me instantly. Yes, I will admit she gives valuable advice. But once I figured out that her advice disvalues someone like me, I checked out. Also, her advice...is highly privileged. She says things like, "If you can afford this book, then you're doing okay." "Just buy the car of your dreams!" "If you want to travel the world, stop making excuses and you can." Some people...can't do that. Don't get me wrong, I'm in a good place right now but a year ago? I could barely pay my student loans. I couldn't afford to replace the khakis that were part of my work uniform. I ate leftovers for days on end because my paycheck wasn't going far enough. I didn't blame the universe for this. And I certainly didn't spend beyond my means just because I thought 'the universe owes me and will figure it out.' Sometimes, you're just in a s\*\*\*ty place in life. I was in a s\*\*\*ty place for three and a half years. Going out and spending money on a trip around the world isn't exactly sound advice for everyone. I felt like Sincero was speaking to one small group of clients. I didn't fit within that group. Like I said, she does say some really nice things. She did build me up for quite a few chapters. But she dropped me instantly and it hurt. Depression is hard enough. People with depression shouldn't hear that it's an 'excuse.' I was highly offended and if I wasn't so far in the book, I would've stopped reading altogether. Needless to say, I'm pretty glad to be done with this one.

There is a reason this book has gained so much popularity. Stop reading through all of these comments and just buy the book. It's that good. I have the ebook and Audible and prefer the audio book. It's a quick read/listen and provides a lot of insights to help improve every aspect of your life. Why are you still reading this? Go read the book...

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You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life  
Summary: Jen Sincero's You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life Captain Awesome 4 Books in 1! No. 2: Captain Awesome to the Rescue, Captain Awesome vs. Nacho Cheese Man, Captain Awesome and the New Kid, Captain Awesome vs. the Spooky, Scary House Badass: Ultimate Deathmatch: Skull-Crushing True Stories of the Most Hardcore Duels, Showdowns, Fistfights, Last Stands, Suicide Charges, and Military Engagements of All Time (Badass Series) Badass: A Relentless Onslaught of the Toughest Warlords, Vikings, Samurai, Pirates, Gunfighters, and Military Commanders to Ever Live (Badass Series) Badass

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